

A shoe horn attachment (8) for a shoe has guiding elements (2, 2a) for guiding the heel of a user's foot as the user inserts the foot into the shoe. At least one fastener (13, 15) is provided for securing the attachment to the shoe. The user can press on the upper back edge (2b) of the attachment when taking the shoe off, and this makes it easier to take the shoe off. The person who becomes disabled or who otherwise has difficulty in bending down to put on and take off their shoes may fit their shoes with shoe horn attachments of the invention.